

# DANGEROUS DAVE ADOPTS A RINGSIDE ROLE..... 3

Decorated amateur boxer and Langara student Dave Robinson has put his career on hold to coach, but isn't ruling out the possibility of staging a comeback



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## Bureaucracy to blame for failure to act, says critic

*Missing Women's Inquiry hears that response to missing persons reports was hampered by red tape*

By DENNIS PAGE

Former Native Liaison Society worker Morris Bates was critical of police bureaucracy in his testimony at the missing women's inquiry on Monday.

Bates pointed out what he believes was a major problem with the investigation into the missing women of Vancouver's Downtown Eastside – simply getting a missing persons report filed.

Bates told the commission that it was nearly impossible to get a missing persons report filed because they had to be filed by next of kin in the person's area of residence and they required wait times of 48 to 72 hours.

When asked by Wally Oppal if VPD officers assigned to the Native Liaison Unit were of any help in filling out the report, Bates answered, "If you're not going to take the report, it doesn't matter how many cops you have hanging around."

Bates stressed that Downtown Eastside residents face prejudice when dealing with police, noting that it took almost nine years for the police to accept a missing persons report for Elsie Sebastian. The fastest they accepted a report was seven days.

Bates contrasted Sebastian's disappearance with Melanie Carpenter (a 23-year-old who was abducted from a Surrey tanning salon in 1995). That time, police responded almost immediately.

"Within three hours they were on the six o' clock news," said Bates.

Bates also questioned the tactics of police in determining that someone is missing, saying that his method of checking with the coroners, the hospitals and jails is much more effective. He said he also looks into whether the person has picked up their methadone and social services check.

"If you've got free drugs and you've got free money, and you don't pick either of them up, you got a problem," said Bates.

According to Bates, everyone has routines and for most people, if you are missing for a few hours, someone will notice. In the case of women on the Downtown Eastside, people will still notice, but are less likely to come forward.

"The drug dealer would know, but do you think a drug dealer is going to come tell us, 'I haven't seen her for three days when I normally see her every six hours,'" said Bates.



ASHLEY VIENS photo

Transportation Minister Blair Leckstrom and Premier Christy Clark announced an extension of the Pacific Gateway Strategy in North Vancouver on Monday that will see 17,000 new jobs created in B.C. by 2020. The same day, new numbers from an Angus Reid poll showed that support for the provincial Liberal government has slipped to 23 per cent.

## Premier makes big promises

*Investment in jobs increases as support for Liberal government falls*

By ASHLEY VIENS

Premier Christy Clark unveiled B.C.'s latest jobs plan on Monday, the same day a new poll revealed her Liberal government is in free fall.

Clark and Transportation Minister Blair Leckstrom were at Neptune Terminals in North Vancouver to announce an extension of the Pacific Gateway Strategy, an initiative the premier said would create 17,000 new jobs by 2020.

But later that day, an Angus Reid poll showed her government enjoys the support of only 23 per cent of British Columbians, the same number that support the B.C. Conservatives. The NDP scored 43 per cent support.

It is the first time the Liberals and Conservatives tied in public support.

"I think jobs help the average per-

son," said Clark. "If you have a job, then you can buy a car. If you can buy a car, you can get to work. If you can get to work, then you can start to worry about the roads you're driving on."

"If we can enable a thriving private sector – and that's not just in the North, it's all over the province – we're going to be making sure families across the province have jobs," said Clark.

The plan is also expected to encourage increased investment from Asian markets in natural resource industries in B.C.

"The rapidly growing economies of Asia are creating stronger demand for natural resources," said Don Lindsay, the president and CEO of Teck Resources Ltd.

"Whether it's mining, forestry, agriculture, or any number of other industries, they all rely on an efficient trans-

portation infrastructure.

Lindsay said that Teck has already invested over \$1 billion in new jobs and will be committing another \$1 billion in coming years.

According to Clark, investment from the private sector is extremely important.

"The thing is, government gets in the way of it," she said. "We're really focused on making sure that rather than getting in the way, we're getting out of the way."

Whether policies and promises like these will have any impact on the party's support remains to be seen.

According to the Angus Reid poll, which involved 800 people and was conducted online, one in three voters who voted Liberal in 2009 would now vote Conservative. The poll's margin of error is 3.5 per cent, 19 times out of 20.

### POLL numbers

■	BC NDP 43 per cent
■	BC Liberals 23 per cent
■	BC Conservatives 23 per cent
■	Green Party of BC 8 per cent

Source: Angus Reid Poll

## Vancouverites grapple with tax hikes

*Drivers, ferry riders and hydro customers all faced increased fares and taxes on April 1st*

By CARISSA THORPE

It was no joke – energy and travel costs went up April 1.

The first day of the fiscal year brought with it increased hydro rates and ferry fares across the province, as well as increased gas taxes in Metro Vancouver.

The most immediately felt increase was the latter, with a tax of two cents per litre added to the rising cost of gas.

Daniel McGee, a local cook, said of the tax, "I've got to drive to and from work every day, so it's a little tougher [to pay more]."

McGee said he normally travels to Victoria once or twice every summer, but may rethink his travel plans in

light of the increased price of gas coupled with the BC Ferries increases.

Power from BC Hydro will now cost consumers an additional six per cent.

BC Ferries rates went up between 80 cents to \$1.60 for single-occupancy vehicles and between five to 30 cents for bus and foot passengers each way on all major sailing routes.

"I don't agree with it or anything like that, but I see where they're coming from – when they want to build more stuff they have to get some more money," said Don Mok, who works for Sunco Energy, of the gas tax increase.

Mok said where he will be most affected is with the new hydro rates.

"Right now I don't even turn on my heat if I'm not home, so I try to be more

efficient with my heating and hydro. It does affect me. Hydro is a big expense for me."

Mok said his latest hydro bill for his apartment was around \$300.

According to a statement from BC Hydro, the average residential consumer will see an increase of about \$5 a month, and a portion of the increase will go towards a fund that helps maintain rates when energy costs rise.

The higher pump prices will be put exclusively towards the cost of building the new Evergreen Line rapid transit route east from Lougheed Town Centre out to Coquitlam. The project is expected to start construction this summer, with an estimated completion date of 2016.



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# Marine thefts up

*The Lower Mainland sees a huge spike in marine theft in three months*

By CLAYTON PATERSON

After marine thefts rose to \$300,000 in the first three months of 2012, boat owners in the Lower Mainland are being urged by police to take extra precautions in securing their property.

On Jan. 5, Vancouver police arrested 43-year-old Frank Cutajar for allegedly stealing over \$10,000 in marine and fishing equipment from marinas in the Lower Mainland.

The arrest happened as Cutajar was caught leaving a marina with stolen equipment.

The arrest eventually lead police to a property in Richmond where they discovered 10 outboard motors and a generator that Cutajar allegedly sold on Craigslist.

Cutajar is a marine mechanic by trade, formerly working out of M&P Mercury in Burnaby, and is alleged to have used these credentials to convince online buyers that he was a reputable seller.

“[Cutajar] conned the people by saying he had fixed the engines himself and that’s why it was such a good deal,” said Vancouver Police Det. Phil Ens.

The investigation into the marine thefts is being conducted by a joint taskforce of the VPD auto crime enforcement unit, the Vancouver police marine unit, the North Vancouver RCMP and the West Vancouver police special operations team.

According to Ens, it is one of their biggest investigations in some time.

Local boat owners agree marine theft plagues the Lower Mainland’s marinas.

“Marine theft is a problem that’s been an issue for a long time,” said Benjamin Rummen, a local boat owner. “Most marinas have posters of people who are banned because they’ve been caught stealing before.”

Many marinas in the Lower Mainland are now stressing the importance of protecting personal property to boaters.

“The best thing to do is have an alarm system on your boat,” said John Short, president of Vancouver Marina.

Short also recommended that any valuables left onboard be either locked up or kept out of sight.

Police are urging any prospective buyers of used marine equipment to check serial numbers against the database at [www.stolenboats.ca](http://www.stolenboats.ca) to see if it has been reported missing.

“Anyone who might have purchased equipment from [Cutajar] can also contact me at (604) 717-2842,” said Ens. “We can check the serial numbers and try to get your money back through retribution.”



DANA BOWEN photo

*Mayor Gregor Robertson samples some of the fare from the Soho Road food truck located outside of Vancouver City Hall. On Monday, Robertson announced the 12 new food carts that will grace Vancouver’s streets starting May 1.*

# Food carts take off

*12 new food carts will hit downtown streets on May 1*

By DANA BOWEN

The top picks for the 12 new food carts that will grace Vancouver’s streets were announced by Mayor Gregor Robertson Monday.

Robertson announced the new additions to the city’s street vendor fleet, which will join the existing 91 carts in Vancouver, during a press conference at city hall. The new carts will include flavours from the Ukraine, Thailand and India.

Existing street vendors say the competitive food cart selection program is a hit, and that the prescence of high-quality food carts attract visitors to the city.

“[The program] already has a lot of excitement,” said Leila Harris of Kaboom Box. “People come here from out of town just to experience this.”

The city is also starting a one-year pilot program in three parks — Stanley Park, Queen Elizabeth Park and the Burrard marina at Vanier Park — to see how park-goers react to having food vendors in green spaces.

“I’m excited to see what creative and innovative food and cart ideas will come forward,” said Vancouver Park Board Chair, Constance Barnes. “I’m looking forward to having them on our green space.”

However, there have been concerns voiced that the increased number of food carts will affect restaurants.

Ian Tostenson, president of the British Columbia Restaurant and Foodservices Association, said he feels there are too many carts now that there will be over 100.

“Imagine if you just kept licensing taxi cabs. At some point, nobody’s going to make any economic return,” Tostenson told CTV News.

Robertson said that the vendors will be placed around the city in a way so as not to affect restaurants’ business.

“What we found is most people really enjoy being able to eat quickly on the street, and it is a very different consumer from those who are eating at the restaurants and cafés,” he said.

The mayor also announced that over the next two years a total of 30 more vendors will go out on the streets. After that, the program’s popularity will be assessed.

The 12 new food vendors will roll out downtown starting May 1.

# Tips for keeping tips

*A complaint to the B.C. Employment Standards Branch warns servers about the rules of tipping*

By MICHELLE GAMAGE

A recent complaint filed with B.C.’s Employment Standards Branch has brought attention to the fact that restaurant servers may not be keeping all their hard-earned tips.

According to a story released by CBC on Monday, Charlotte Zesati, who briefly worked for Black & Blue Steakhouse owned by the Glowbal Group, is filing the complaint because she says she didn’t receive the full amount of her tips earned on a busy night.

So what do students looking for a summer job in the service industry need to know about tipping procedures?

The reality is that managers in the service industry break no laws if they force servers to share 10 per cent of their tips.

This is because there is only one law in B.C. that regulates tips, which states tips cannot go towards business costs.

This rule means customers who leave without paying or dishes that get accidentally broken are not the financial responsibility of the server.

However, tip pools can be set up in an establishment where a set amount of a server’s tips get pooled and then distributed to other staff members such as cooks, dishwashers and managers.

When managers get involved in the gratuity process, federal taxes are activated and CPP and EI are collected from the income. But if a head server organizes the pool, taxes can be avoided.

Baristas at Turk’s on the Drive, a coffee house on Commercial Drive, keep all of the bonus cash they earn or split it evenly if more than one person is working.

“In the service industry not all servers or bartenders or baristas have the same skills or put in the same amount of effort,” said barista Justin Barrett. “It’s a pretty simple relationship I have

with the customer. If they think I have done a good job then they give me a tip. It doesn’t need any meddling.”

Brendan Wooldridge, the first cook at the Hurricane Grill in Yaletown, disagrees. He said tip pools are necessary when you work in a restaurant.

“People tip based on service, but they also do it based on the quality of food,” said Wooldridge. “So if the food is high quality then people tip better, the servers get tipped better. This is why cooks deserve a cut of the pool.”

Avoiding surprise tip sharing is simple, said Jessie Uppal, director of the B.C. Federation of Labour, who recommends simply getting it all in writing.

“Ask specifically if there is a tip out agreement and make sure to reconfirm all information when being hired. Get your wage in writing, even if it is just in an email,” urged Uppal.

## TIP info

**WHAT IS ILLEGAL?**  
Servers cannot be asked to cover business expenses and/or costs

**WHAT YOU SHOULD DO**  
Make sure to get all the information about what the company’s tipping procedures are in writing,

Source: Jessie Uppal, B.C. Federation of Labour



# Shift your views on art exhibits

*Design formation show an exhibition where you can “interact and touch”*

By SASCHA PORTEOUS

Second-year design formation students get ready to Shift their focus towards their final graduation show.

The exhibit, called Shift, will be built and created by the students in a collaborative effort to showcase their final portfolios.

Opening night is April 26th from 6 p.m. to 9 p.m., and the exhibit runs until the 29th.

“Ultimately, we are trying to showcase our portfolios to future employers, and get our names out there in the design industry,” said design student Marchel Eang.

The students don’t want their final

show to be like any other traditional art show.

“We don’t want an art exhibit,” said design formation student Liza Child.

“We want people to interact and touch, to get an experience out of coming,” said Child.

“We are building everything and we are painting everything so you can touch our panels and interact with our work,” she added.

Eang said the show represents a lot of things for the students.

“It represents us shifting out of the program into either more education, into a job, or into a practicum,” he said.

“It represents the idea of people looking at things from a different perspective, shifting where you stand and

shifting your ideas.”

“There will be large-scale installations that cross art and design together,” he added.

The installations are meant to be looked at, but you can also touch them.

Eang said that in order to see and understand the installations properly, they need to be viewed from a specific point of view.

All 18 students worked together through a process of elimination to come up with the theme and concept for the show.

Design formation students created both a Facebook and Twitter page in hopes of continuing the project to future generations of students and fans. Follow them @dflangara.

“It represents the idea of people looking at things from a different perspective

MARCHEL EANG  
design formation student



ASTORIA BOXING photo  
“Dangerous Dave” gets ring ready.

## Go a round with Langara's boxing champ

*Meet “Dangerous Dave” Robinson, a veteran with 86 matches under his belt*

By LEV JACKSON

First year Human Kinetics student Dave Robinson remembers a time when he was almost on top of the world.

Robinson, 28, is a veteran of 86 amateur boxing fights, compiling only 12 losses.

Referred to as “Dangerous Dave,” in 2003 Robinson was one win away from being a world champion when he received silver at the Ringside World Championships. He was recognized for these accomplishments as he was awarded the 2003 North American Native Fighter of the Year.

“I fought 26 times that summer, around three times a week” said Robinson.

“I had a great coach. I fought a lot, but he never put me in there with someone I wasn’t capable of beating.”

Despite putting his boxing career on hold for the past few years Robinson has no issue keeping himself busy.

A full-time student at Langara, Robinson spends the rest of his time imparting his knowledge on others, training aspiring young boxers at North Burnaby Boxing Club.

“It’s very important to be balanced,” said Robinson. “That is something that I can teach to the people I train.”

Robinson started boxing at ten-years-old while living in Prince George, B.C.

He still remembers his first fight, a victory at the Aluminum Gloves tournament in Kitimat. He would go on to have eight bouts in B.C. before moving to Ontario.

It was in Ontario where his fight career took off. He had over 50 fights in the province and often traveled south of the border to find competition.

In 2007, Robinson moved to Vancouver. Since moving to Vancouver he went on to win the B.C. Provincial championships three times, and won bronze at the Canadian Nationals in 2007.

One of Robinson’s pupils, Akbar Qurban, just won the B.C. lightweight championship last month.

Robinson said it is a great feeling seeing his student reach his potential.

“That’s why you coach,” he said. “It’s great to see someone you coach have success.”

While Qurban looks to defend his newly won title in the near future. Coach Robinson is mulling a comeback as he looks to enter the B.C. Golden Gloves tournament that begins on April 21.

“We are going to enter Golden Gloves, and then . . . see what happens,” Robinson explained.

Whether he goes back to full-time competition or not, “Dangerous Dave” will remain coaching to ensure his young boxers stay safe.



SASCHA PORTEOUS photo

Second year design formation students Liza Child (left) and Marchel Eang hold up the exhibition banners for their year end show, Shift.

## LSU celebrates the Persian New Year



ALEX SKERDZHEV photo

Rahel displays her belly-dancing prowess in the LSU building during the Nowruz celebration held yesterday.

*Nowruz festival a welcome break for students who are in their last week of school*

By ALEX SKERDZHEV

The LSU hosted a celebration of Nowruz yesterday at the SUB, complete with free food, drinks, desserts, loud music and even a belly-dancer.

Nowruz, otherwise known as the Persian New Year, is a festival practised by more than 50 different countries, such as Iran, Iraq and Turkey.

It entails food, drink and dancing: put simply, it is all about having fun and building a sense of community.

“It takes place right around now, I think the actual date was a week or two ago, but it’s one of those celebrations that continue on for about a month or so,” said Carmen Chan, LSU internal affairs coordinator.

“There’s a big population of the student body that celebrates Nowruz, so we thought it would be great if we could host the celebration.”

With approximately 100 people in attendance during the two-hour event, the atmosphere was joyous.

Being a traditionally Middle Eastern event, it is known as the holiest of all celebrations. However, the LSU decided to forego any religious connotations, instead opting to just put on a fun show.

“We try to stay away from the religious because we respect all the religions at Langara, it’s multicultural,” said 20-year-old Zohra Moshtag, event organizer.

“[We try not to] offend anyone, or get in trouble with our students who are practicing other religions.”

Moshtag said the event was done to give students a break from classes during the last week of school.

“We wanted something flashy and exciting for the students who are writing finals next week.”

Ana Pacheco, an 18-year-old psychology student in her first year at the college, really liked the celebration, especially the belly-dancing.

“I thought it was awesome . . . I’ve never done henna or anything before so it was really exciting.”



# Buried Life tick off bucket list

*Cast of popular MTV show from Victoria write a book about it*

By OMAR SHARIFF

After cutting a lock of Robert Pattinson's hair, playing basketball with President Obama and asking Taylor Swift out on a date, the four friends from MTV's *The Buried Life* can cross another task off their bucket list — writing a book.

On *The Buried Life*, the four 20-somethings travelled around North America trying to accomplish one of 100 tasks on their bucket list each episode.

In *What Do You Want to Do Before You Die*, the young men present a compilation of stories of completed life goals submitted by their fans.

The book also includes unreleased details about some of the adventures that Ben Nemtin, David Lingwood and brothers Jonnie and Duncan Penn had while they were accomplishing tasks on their own bucket list.

"We all got inspired by different things that made us believe we could do anything we wanted," said Nemtin in an interview with MTV.com. "We want this book to give that feeling to anyone who reads it. You can open any page and something can spark in you to do whatever you want to do."

The book release event is hosted by Kidsbooks, whose founder, Phyllis Simon, thinks the book is going to be a big hit.

"I think the fans of the show and the fans of the guys will appreciate the book because it is a reflection of all of their dynamic personalities," Simon said.

For every task they attempted on their own lists, the group tried to help a stranger achieve a goal of their own.

Though the show is no longer on-air, fans of the series can continue to follow the four boys with their new book.

Tickets for the book launch event, available on the Kidsbooks website (kidsbooks.ca) or at a Kidsbooks store location for \$25, include admission and a signed copy of the book.

People are encouraged to get their tickets as soon as possible as space is limited.

The event is happening on Wednesday, April 4th at Our Lady of Perpetual Help School (2550 Camosun Street at 10th Avenue) at 7 p.m.

An afterparty will be held at The Eatery on 4th Avenue.



photos courtesy of ARTISAN PUBLISHING

The cast of MTV's *The Buried Life* promote their new book based on the show: Jonnie Penn (gray shirt), David Lingwood (black shirt), Duncan Penn (white hoodie), Ben Nemtin (blue shirt).

## Women of opera sing in Marpole

*A new opera company in Vancouver held a gala of famous female characters*

By STACY THOMAS

Operatic females were on display at an intimate one-night performance of *Witches, Waifs, & Wives: the Great Women of Opera* at Marpole United Church on Saturday night.

The performance was to celebrate Opera Mariposa, a brand new opera company being launched by best friends and accomplished sopranos Jacqueline Ko and Robin Eder-Warren.

Ko and Eder-Warren took turns introducing their own solo performances, accompanied by Michael Onwood on piano.

Eder-Warren's first performance, "Mein Herr Marquis" or "Laughing Aria" as it is sometimes called, from Johann Strauss's *Die Fledermaus* was perfectly and amusingly executed.

Eder-Warren's pieces were uplifting and energetic. She delightfully stole the show with her playful execution.

Eder-Warren has the ability to inject humour into her voice; her vocal range and versatility is impressive. She has an adept sense of timing and an expressive face and body and makes good use of space, on a few occasions physically interacting with the audience.

"I can't get enough of her," audience member Shirley Walsh said. "She's like an angel."

Ko also held her own, with such moving performances as "Ave Maria" from *Othello* and "Un bel di, Vedremo" from *Madama Butterfly*. She stood stationary for the majority of her songs but the range of her voice was expressive enough.

"They're both delightful," Walsh said. "I think this was a stroke of genius, this whole creation."

"We just wanted to sing the pieces that we love, and the great female characters," said Ko, who also serves as artistic director of the company. "We got all the songs, and we just kind of put together a little show. There were some [more characters] I would have liked to have had in there, but there wasn't enough time for all of them. We will do more shows, so there's more time for everything."

Opera Mariposa's next show will be two short operas by Wolfgang Amadeus Mozart and Giovanni Battista Pergolesi, and are scheduled for fall 2012.



STACY THOMAS photo

Soprano Jacqueline Ko performs a scene from Leonard Bernstein's "Candide" as part of the *Witches, Waifs & Wives* gala on Saturday.

# April blockbusters lead into summer

## ALL-TIME box office

Domestic gross adjusted to 2012 US dollars

- 1 GONE WITH THE WIND \$1.58 billion 1939
- 2 STAR WARS \$1.39 billion 1977
- 3 THE SOUND OF MUSIC \$1.12 billion 1965
- 4 E.T. \$1.11 billion 1982
- 5 THE TEN COMMANDMENTS \$1.03 billion 1956
- 6 TITANIC \$1.01 billion 1997

Source: boxoffice Mojo.com

*Major movies released this month are expected to earn big at the box office and compete with summer hits*

By AGUSTINA COCCARO

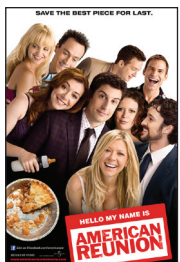
Hollywood has some big movies out this month that are sure to compete with the upcoming summer blockbuster season. The Voice compiled a list of three movies that should make big bucks at the box office.



Titanic 3D (April 4): Although most people have seen *Titanic* more times than they can remember, the 3D release promises to bring in diehard fans and even more money for the iconic movie. James

Cameron's *Titanic* was the highest grossing movie of all time — unadjusted for inflation — until his 3D mega hit *Avatar* surpassed it. *Titanic* stars a young Leonardo DiCaprio and Kate Winslet and could look spectacular remastered in digital 3D.

American Reunion (April 6): The latest installment in the *American Pie* movies brings the original cast together for more of the awkward laughs and dirty humor the franchise is famous for. Jason Biggs, Sean William Scott and Tara Reid are all back to play grown-up, married with kid's versions of the characters they made famous in 1999. The series was never big with the critics but has been popular with audiences.



Chimpanzee (April 20): Disney-nature has teamed up with the Jane

Goodall Institute to present a never before seen look into the life of a baby chimpanzee named Oscar. Cameras go deep into the forest to capture stunning and heartwarming images of this baby chimp as it learns about life. A portion from every ticket sold will be given to the Jane Goodall Institute, which provides research, education and conservation of chimpanzees.

"I go to the movies about two times a month," said business student Chris Glubisz. "I need to see both [*Titanic* 3D and *American Reunion*], but I'm definitely more likely to see *Titanic* first."

Some of the most anticipated blockbuster movies expected to make millions this summer include *The Dark Knight Rises*, *The Avengers*, *The Amazing Spider-Man* and *Men in Black 3*.







RICHARD LAM photo

Participants in the 2011 Sun Run hit their stride along the Seawall on April 17, 2011. This year's event will mark the run's 27th year.

# Getting ready for the Sun Run

*The Sun Run kicks off the race season in Vancouver. Are you ready?*

By QUINN MELL-COBB

With the Vancouver Sun Run less than two weeks away on April 15th, a Langara Olympic hopeful has some last-minute training advice for those taking part.

First-time runners and seasoned veterans who are looking to best their personal records need to take the time to train and eat well, according to Abdul Fadel, a Langara human kinetics student and alternate for Canada's national judo team at the 2012 London Olympics this summer.

Fadel, who also moonlights as a personal trainer, said there is much that can be done to prepare for the physical demands of the 10-kilometre race.

"With a lot of my clients, we try to

incorporate a running and jogging routine to get them initially started," said Fadel.

"This helps the athlete slowly get accustomed to the type of run. The Sun Run isn't a vigorous run but it is something for a lot of beginners that is something that can be quite a hassle."

Fadel said there is a fairly simple nutrition regimen that, if followed, will pay dividends for those in the Sun Run. "You definitely need your carbs [and] to have a good breakfast, something on the lighter side like fruits or hashbrowns that isn't too heavy," Fadel said.

"You want to be very hydrated —try to consume one and a half to two litres of water approximately four hours before the run."

Fadel also cited the importance of

good footwear along with maintaining a routine.

"A lot of athletes do start encountering foot and hip problems because of the type of shoes they wear," he said.

Fadel recommends running shoes as opposed to cross-trainers or basketball sneakers.

"Your body gets accustomed to certain types of things — if you break your routine halfway through, you're going to go back to step one."

There is still time to register for the race online. The cost is \$50 for individual registrations and \$30 for the 2.5-kilometre Shaw Mini-Race.

To find more information, please visit:

<http://www.vancouversun.com/2012sunrun/index.html>

## SUN RUN quick facts

- The Sun Run began in 1985
- In its inaugural year, the run attracted 3,200 participants
- In 2011, there were 49,365 participants and over 3,000 volunteers
- The Sun Run brings in millions of dollars to the local economy every year

Source: The Vancouver Sun

# Spring ski and board for cheap

*Local ski resorts are offering great deals and fun promotions for the end of the season*

By ROSS ARMOUR

Spring skiing season is still in full swing while bargains abound at local mountains across the Lower Mainland.

Mount Seymour in North Vancouver officially kicked off its spring season last Sunday and will run until mid-April.

"The main difference between spring and winter skiing is that in the spring we just get a lot more sunshine," said Anna Rowinska, the mountain's marketing and events coordinator.

"There's also a huge difference in the amount of snow. We get a greater influx of snow in the spring so there's way more. The conditions are perfect."

Rowinska said early signs show that

Mount Seymour is set to have weeks of clear blue skies with lots of sunshine until then.

"Our spring pass for adults is \$119 and that gives people full unlimited access to the mountain so it's a great deal," said Rowinska.

Further away from Vancouver, Silver Star mountain resort near Vernon offers a variety of activities this spring.

"We started our spring ski-and-golf stay package this past weekend which is new to Silver Star this spring," said internal sales manager Anna Tilly.

"This package, which costs \$118.50 per person per day, allows people to stay at the mountain in the morning and then head down to Spallumcheen Golf and Country Club in the afternoon."

"We also have all sorts of activities going on at the mountain right to and through the weekend," Tilly added.

"We have our retro day coming up where all the staff dress up in retro gear and have a dance-off. That's as well as our chili cook-off competition

where chefs arrive from downtown Vernon to show off their skills."

On Easter Sunday (April 8th), the resort holds an Easter bunny breakfast in the morning followed by a Hawaiian shirt day in the afternoon.

Silver Star's spring season runs from April 4th to 8th.

Closer to home, Cypress Mountain has extended their spring season due to the large amount of snow they have received in the last couple of weeks.

Along with extended hours, the resort is offering patrons spring ski-and-board discounts.

All regularly priced passes are now 20 per cent off. Full day passes will cost \$38.

Night skiing at the resort will cost \$25. The resort will remain open until after Easter, with no set date for closure.

For more information please visit:

<http://cypressmountain.com/>  
<http://winter.skisilverstar.com/>  
<http://www.mountseymour.com/home>



CYPRESS MOUNTAIN photo

Spring Skiers take advantage of the great weather and conditions at Cypress Mountain.

## Get healthy with your community

*Local mayors want their community to be the healthiest in the province*

By AUDREY MCKINNON

A friendly fitness competition between communities and individuals has British Columbians challenging themselves to get fit through exercise and healthy eating.

Langley, Abbotsford, Coquitlam and Surrey are featured communities in the Healthy Community Challenge, a 90-day program filled with resources and fitness tracking tools that pits these communities against each other to see who is the fittest.

But Vancouverites can enter individually or as a workplace group in this competition as well.

"Everybody's doing the competition in a fun way and that seems to go over really well," said Overwaitea Food Group dietician Heather McColl, who just wrapped up a week of giving healthy eating demonstrations for challenge-takers on CTV Morning Live.

The challenge, which started on March 12th, encourages participants to improve their healthy food intake and increase exercise.

"Those are those two factors that are so key for just keeping energized and feeling good," McColl said.

Contestants must enter their progress in the Healthy Community Challenge Handbook and have their measurements taken by an official on June 9.

Four winners of the grand prize will be given two nights at the Fairmont Empress and \$100 credit at the Willow Stream Spa.

Tracking physical activity, sleep, breakfast, fruits and vegetables will increase participants' fitness score, as long as their intake of nicotine, alcohol and sugar are kept to a minimum.

Contestants will have access to free online expert advice and participants can report progress by sharing stories with one another and the public in an online forum.

McColl said healthier choices can be as simple as taking a walk on your lunch break or following the 80/20 rule; making sure you always have room for 20 per cent indulgence in your diet.

"Keep that joyous part in there as well," she said.



# No joke: Passé Fools Day not OK

**A**pril Fools Day is the holiday that stopped being funny about 100 years ago.

The humour associated with April Fools is about on par with dad humour, knock-knock jokes and bad puns, which is why it's no surprise that serious corporations have joined in on the "fun."

Yes, they have somehow found a way to turn this holiday (that was barely a holiday to begin with) into another excuse to manipulate people into buying their products.

For example, WestJet sunk to joking about child abuse to attempt to sell more plane tickets this year.

The airline announced on Sunday that they were introducing "child-free cabins" for a new program called "Kargo Kids" where kids would get to ride in a "special VIP" section of the plane: the cargo hold.

Maybe I'm being uptight, but is this really worth paying out thousands of company dollars to advertise?

Furthermore, is this even funny? As another "hilarious" joke, the eyewear company Warby Barker fake-released an eyewear collection for dogs as the world stood straight-faced.

Well, my cheesy uncle may have gotten a laugh, but he also enjoys a good Whoopie Cushion gag on April Fools.

I just find it insulting that companies have gotten rid of their smallest shred of dignity to prank the world.

They do so not out of the small shred of good in their blackened hearts, but to try to make us simultaneously laugh and throw money at them.

And really, I'm not even getting into the tasteless jokes that individuals subject their loved ones to on this once-a-year prank-fest.

Maybe the real joke is that people are still celebrating this pointless holiday and not finding anything better to do with their time than degrade themselves and others?

way to turn this holiday (that was barely a holiday to begin with) into another excuse to manipulate people into buying their products.

For example, WestJet sunk to joking about child abuse to attempt to sell more plane



**OPINION**  
CARA MCKENNA



## Gas tax not the answer

**D**rivers in the Lower Mainland have received a springtime jolt to their pocket books in the form of a two-cent increase in the TransLink portion of the gas tax.

No one likes a price rise, but when you map it all out, the short-term pain should be worth the long-term gain. At least that's the idea. But will increasing the gas tax actually get drivers to opt for other modes of transportation?

Metro Vancouver policy makers think so. Municipalities expect the increased gas tax to raise \$400 million for Metro's portion of the \$1.4-billion SkyTrain Evergreen Line.

The project will extend the line from its current eastern terminus at Lougheed Town Centre, through Port Moody to Coquitlam City Centre when it opens in 2016. The idea is that once the line is finished, drivers will prefer it to fighting traffic. If you build it, they will come.

But Joel Wood, a senior research

economist at the right-leaning Fraser Institute said that while gas taxes are a tremendous revenue

generator for government, they don't have much of an impact on consumer choice.

"With gasoline, there aren't very many substitutes in the short run. People are basically locked into using their cars that they've invested [lots] of

money in," said Wood. Wood said, the consumer demand for gasoline is, in economist-speak, inelastic. Because consumers are locked into their current lifestyles—driving automobiles that run strictly on gasoline — they will continue to buy gasoline to fuel their cars in spite of increasing costs.

He added that in the long term, building mass transit infrastructure

will not ease congestion.

"[If] you build more transit, it may take more cars off the road in the short run, [but] then people adapt and basically fill those spots on the highway in the long run," said Wood.

Wood says that one method has proven to be effective: Tolls. Installing toll booths at points of major congestion, like at the Massey Tunnel or the Lions Gate Bridge, are, according to Wood, a surefire way to reduce congestion and raise revenue that could then be invested in mass transit or bike routes.

"Any time you take a car off the road, unless there's some sort of [toll rate], another car is eventually going to take that spot," said Wood.

Wood is right. If Metro Vancouver wants its citizens to take to transit en-masse and to break their dependence on cars as their primary means of transportation, it should impose steeper penalties on drivers. It can use the revenue generated toward making TransLink a world-class service.



**OPINION**  
SHAWN GILL

## Tipping the house is immoral if not illegal

**A** report from CBC has revealed that servers from restaurants in the Vancouver area are getting tips taken from them to go to a "house charge."

While servers pay the traditional one per cent of their bills to the bussers, and one per cent to the kitchen, staff of restaurants owned by the Glowbal Group has to pay an additional 4.2 per cent to the house.

Restaurants all over the Lower Mainland are taking 2.5–5.5 per cent of tips for similar fees.

To put this into perspective, if a server at a Glowbal Group restaurant is tipped \$12 on a \$100, \$4.20 will be going to "the house," plus an additional \$2 tipped out to the bussers and kitchen. This leaves the servers with \$5.80 to take home.

According to B.C. employment standards law, a restaurant is not allowed to use any tip money for business expenses.

Though tips are not taxable, federal tax rules state that if

management redistributes the money, it is taxable and both EI and CPP must be deducted.

Putting aside legal complications, from a moral standpoint I feel it is wrong to take money out of the pockets of hard working employees, especially if it is used for company expenses. If it is going back to the employees, why not let them keep their money without yet another tax deduction?

The report done by CDC focused on Cherlotte Zesati who worked at Black and Blue Steakhouse. She earned \$320 in tips one night. After the house-fee, Zesati ended with \$124.

Glowbal Group owner Emad Yacoub stated the money taken from

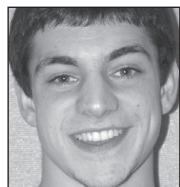
the tips does go back to the employees in such ways as staff parties. I know if I was a server I would definitely want a staff party instead of un-taxable money in my pocket. Let's get real.

While tips being taken for the house do appear to be a grey area of federal law, the provincial law clearly states taking a server's tip money is unjust.

If companies take un-taxable money that is earned solely on the performance of their staff to recoup losses that the company should be covering, legal action should be taken.

If companies redistribute the money to workers, they are simply adding an extra tax and still taking money out of their servers' pockets.

Many in the service industry are in need of every penny they can get. Employees range from students trying to pay their tuition to mothers working to feed their children. Another tax is a problem.



**OPINION**  
LEV JACKSON

theVoice

The Voice is published by Langara College's journalism department.

Editorial opinions are those of the staff and are independent of views of the student government and administration.

We welcome letters to the editor. All letters must be signed. They may be edited for brevity. Names may be withheld in special cases, but your letter must include your name and phone number.

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# Bella Bella review cancelled

*Enbridge's Northern Gateway project triggers protest in B.C.'s north*

By OMAR SHARIFF

**“The opponents are in the lead right now, but the fight is far from over.”**

KEVIN WASHBROOK

A protest in Bella Bella, B.C., has caused the cancellation of a review panel to examine the Enbridge Northern Gateway Pipeline project on Monday when panel members said they feared for their safety.

This protest was the latest of many demonstrating opposition to the project that would transport oil and natural-gas condensate to and from Kitimat.

Together with the Stop the Tankers rally last Monday and the Storm the Riding canvassing campaign this past weekend, Vancouverites are becoming more vocal about their opposition towards the project.

Kevin Washbrook of Voters Taking Action on Climate Change, a group that

promotes awareness and pressures the government to act on environmental issues, believes that more people are starting to get involved.

“I think there's a growing awareness, and it's not just about the tar sands,” said Washbrook.

He also pointed out that B.C. is working to be environmentally sustainable and a green leader, while at the same time exporting large amounts of carbon-emitting energy resources, like coal.

“It seems quite hypocritical,” added Washbrook.

Megan Reich, an environmental sciences student at UBC, was at the Storm the Riding event this weekend, and was hoping to get the attention of B.C. politicians.

“It's important to let Christy Clark know that the people in her riding and

the people of B.C. are concerned about these things, and that she needs to take a stand,” said Reich.

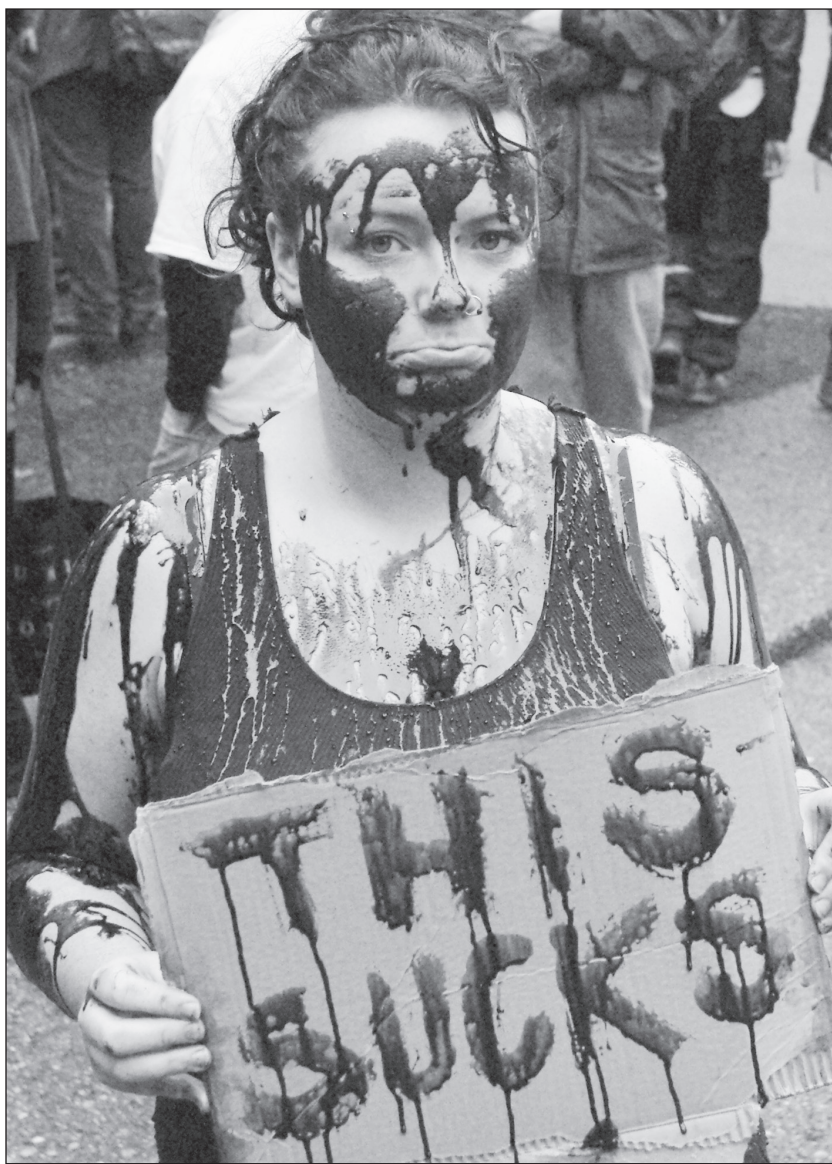
The Voice did not receive a response from the Enbridge Northern Gateway Pipeline Project.

The next protest that Washbrook anticipates will have a large turnout is the International Stop the Tar Sands Day rally on May 5th in downtown Vancouver.

This rally will have several locations around the world with the goal of getting the attention of world leaders to show them that people want more focus on environmental conservation.

Washbrook believes that the protests are working but more still needs to be done.

“In terms of the pipeline, the opponents are in the lead right now, but the fight is far from over.”



OMAR SHARIFF photos

A protest against the pipeline outside the Vancouver Art Gallery March 26. Left: Protester Hunter Johnson makes a point with molasses.

## Langara College to be purchased by Justin Bieber

*And if you believe that, don't feel too bad - you're not the only one feeling foolish this time of year*

By JACQUIE RICHARDSON

Saskberta has been proposed as Canada's newest province, merging Alberta and Saskatchewan together, which would help Alberta's lack of parking space according to Alberta's Wildrose Party, who made the announcement April 1.

Foiled? Don't feel bad, you're but part of a fraternity of fools who author Vicki K. Janik says have been remarkably consistent throughout human history.

In her book *Fools and Jesters in Literature, Art, and History*, a Bio-Bibliographical Sourcebook, Janik says fools

mock social structures, offering society viewpoints that scorn pride and challenge logic.

While you may have guessed Saskberta was a hoax, you may have been fooled by these April 1st fakes that hit Vancouver headlines.

Vancity Buzz, a Vancouver blog, released 'news' that Nordstrom would overhaul the old Sears building downtown Vancouver by replacing the old white "toilet bowl" with a TV-screen-wrap circling the top of the building, for a look reminiscent of New York's Times Square.

Vancouver soccer fans may or may not have rejoiced at the 'news' that star player David Beckham would be traded from the Los Angeles Galaxy to the Vancouver Whitecaps.

Whitecaps coach Bob Lenarduzzi announced the trade in an interview with Global TV, calling Beckham and wife Victoria a 'non-soccer related op-

portunity' that would provide great exposure for the sport — “excuse the pun,” said Lendarduzzi, referring to the nearly naked posters of the soccer star and H&M model that decorate bus stops around the city.

Maybe April Fools' most memorable prankster was WestJet Airlines, announcing new child-free cabins on select WestJet flights supposedly in response to customer complaints of noisy children disrupting flights.

The new process would offer “travel toboggans” upon check-in to take kids away with the luggage, where they are loaded from a conveyor belt into the cargo compartment of the plane.

“With plenty of toys and a state-of-the-art feed trough, your children will be able to run, play and scream all they want, while you enjoy your flight in peace and quiet,” said Richard Bartrem, vice president of communications.

### BEST 2012 hoaxes

- 1 WestJet to introduce child-free cabins
- 2 Sears building to be overtaken by Nordstrom
- 3 Saskberta to be Canada's newest province
- 4 Beckham to leave Galaxy to come play in Vancouver

## Less red meat on our plates

*A new Stats Can study says the way Canadians eat has been changing over the last five years*

By SASCHA PORTEOUS

Canadians are eating more processed food and consuming less red meat.

A report from Statistics Canada has tracked the food consumption trends going back to 2007.

Over the years, one of the biggest consumption changes comes in the way of processed fruits.

“In general processed food is upward trending; we are processing more and more food no matter what,” said UBC's assistant professor of marketing Tirtha Dhar.

The report shows that Canadians consumed roughly eight kilograms more processed fruit in 2010 than they did in 2007.

He said the reason that processed fruit consumption has increased is because of time constraints. “People don't have the time to prepare food.”

While consumption of processed fruit is up, people are eating less fruit overall. In 2010, individuals consumed an average of 130 kilograms of fruit, which is eight kilograms less than in 2007.

“Another reason [for processed fruit] is the improvement of technology, the technology of processing fruit and food in general is improving every year which helps to drive down the cost of processed fruit,” said Dhar.

While processed fruit consumption is on the rise, red meat is on a downward slope.

The study also shows that red meat consumption has dropped 13 per cent since 2007.

“Meat consumption has dropped off for most households and a lot of has to do with the economy,” said meat cutter and sausage maker Barry Richardson from Armstrong B.C.

He said there is less of a demand for meat.

“I think people are trying to eat more fish and poultry,” said Richardson.

Although poultry and fish consumption fluctuated slightly over the years, the study shows no significant increase or decrease over the five-year period.

“Red meat is an expensive item; it's a luxury now for a lot of households,” said Richardson.

Another reason meat sales might be decreasing is the ever-increasing trend of vegetarianism.

“More people are becoming vegetarians,” said Safeway butcher Reid Johnston. “A lot of my girlfriends are becoming vegetarians because they say eating meat upsets their stomachs,” said Safeway butcher Reid Johnston.



SASCHA PORTEOUS photo

Canadians are eating less fresh fruit, says Statistics Canada.



# Canadian skaters win big at Worlds

*Despite fall, Chan wins gold in men's competition. Ice dancers Moir and Virtue also come out on top.*

By CARLY RHIANNA SMITH

Canadian figure skaters glided into top positions at the World Figure Skating Championships this weekend.

The 2012 competition saw Canada's Patrick Chan take the gold on Saturday in Nice, France.

"He's a completely unique athlete," said Skate Canada's executive director Ted Barton. "No one skates like him."

Barton was in the audience in Nice at the Palais des Expositions.

He said what sets Chan apart is his risk-taking jumps and complete mastery of the sport. Chan twists and turns his torso about two-to-three times more than other skaters, picks up speed and enters jumps "out of nowhere."

"Patrick's skating skills are so far above anyone else's in the world that he piles up points and then, with a mistake, which he loses points for, he still adds up to come out on top," said Barton.

Indeed, Chan was not in top form this weekend. Despite a strong beginning to his program, he bailed on a routine jump that ended with his rear end on ice.

The crowd whistled and jeered in disapproval, but their reaction had no effect on the judges' final decision.

"Coming here, I had my doubts. I thought, oh my God, am I going to be the guy who lost it, didn't make it happen, when he was so close?" said Chan to the Toronto Star. "But I snapped myself out of it because I knew I'd trained hard all season."

Ice dancing pair Scott Moir and Tessa Virtue also secured gold at the championships on Thursday night, making it a successful year for Canada.

"After Patrick and Scott and Tessa [retire], I would have to be honest and say I'm a little bit worried about [Canada's place]," said Barton. "But we do have a lot of talent in the country. It's whether we develop it or not."

One of those talented skaters is Kevin Reynolds, a Coquitlam resident who placed 12th this weekend.

"That was the best skate he's ever had, and I've known Kevin since he was about six years old," said Barton.

Reynolds opened his program with a quad (a jump with four revolutions) that Barton called the best of the competition.

If Reynolds improves and trains hard, he could move up into the top 10 in the world, said Barton.



PAUL CHIASSON/CANADIAN PRESS photo  
Patrick Chan won gold at the World Figure Skating Championships.



MATT HYNDMAN photo

Abbotsford Heat players celebrate after winger Greg Nemisz scores in the first period on Friday. The final score was 4-3 for the Heat.

# Wolves showcase future pros

*Canucks farm team wins one, loses one against Abbotsford Heat*

By HAYLEY DOCTOR

Vancouver fans had the chance to see the Canucks of the future in action as the Chicago Wolves faced the Abbotsford Heat in two back-to-back games Thursday and Friday.

The Wolves, who play in the American Hockey League, are the farm team of the Vancouver Canucks.

Some of the top Wolves this season include Jordan Schroeder and Mark Mancari.

In Thursday's game, Schroeder scored twice in 25 seconds.

"Sometimes you get lucky bounces if

you go to the net," Schroeder said. "I was fortunate to get one off the leg and it kind of got me going. That same shift my line mates made a great play and it ended up in the back of the net."

"[Schroeder]'s a dynamic player, a leader and a type of player that has developed into a complete offensive and defensive threat every time he is on the ice," said Jack Barzee of NHL Central Scouting.

Mancari scored the winning goal in a shootout Thursday, leading the Wolves to a 5-4 victory.

On Friday, Mancari scored his 28th goal of the season to tie the game at 3-3 and keep the Wolves alive. Although

the Wolves lost Friday's game, they put in a valiant effort. The final score was 4-3 for the Heat.

"I think there were a lot of positives," said Mancari. "I think it was pretty close to a playoff game, if you look at how the game was played. We made a few mistakes we didn't want to make, and goals that resulted from us not getting the puck out."

Mancari has played six games for the Canucks this season.

Schroeder was drafted in 2009 to the Canucks but has only played with the Wolves so far, as he still needs to further hone his skills before he is ready for the big leagues.

## NEXT games

■ Abbotsford plays Rochester at home on April 3 and 4

■ Chicago plays San Antonio on April 4 and Houston on April 6

Source:  
Abbotsford Heat  
Chicago Wolves

# Something for everyone at Urban Rec

*Play hard, have fun and de-stress with rec leagues*

By JEREMY SALLY

The stakes are high at Trillium Park, where eight recreational soccer teams face off in their season openers.

But instead of jerseys, the players don sweaters and t-shirts. The teams are co-ed, and the girls are running circles around the guys.

Adrienne Waunch takes on men twice her size. Her explosive plays on the field belie the fact she only plays casually.

"It's a great way to de-stress," said Waunch. "You get to meet great people and play with them, or against them."

Waunch is part of a league organized by Urban Rec, an intramural sports company that gives regular people the chance to play the sports they love.

Lisa Dolinski, league and events manager for Urban Rec, says Waunch's reasons for participating are what the company strives for.

"It's a way for students pressured by studies and those with busy schedules to have fun and compete in a friendly environment," said Dolinski.

In the second half of the game, the sun sets and a blue glow emanates

from BC Place through the Vancouver skyline.

Ronaldo Wright wastes no time in his offence and often finds himself in physical contests with other players.

But his demeanor on the sidelines is the polar opposite.

"This is the best way to spend your evening," said Wright, laughing. "You form friendships through teamwork. You don't get that when sitting, watching TV."

Soccer is only one of the sports offered by Urban Rec. The company offers a range of sports, from flag football to indoor hockey.

"Dodgeball is incredibly popular," said Dolinski. "We have people that come out and dress up in a different uniform every week."

The company organizes beach volleyball in the summer, with registration starting in May. Games are held on Jericho beach, in UBC and at Urban Rec's Urban Beach court near Strathcona.

Back on the field, rain begins to pour but fails to douse the friendly spirit.

At the end of the game, players on both teams chant, cheer and shake the hands of their opponents.

"I'm looking forward to seeing all these guys next week," said Wright. "Anybody that wants to have some real fun, this is the way to do it."



JEREMY SALLY photo

Competition is fierce at Urban Rec's soccer games.